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Winnipeg metro



Your essential daily news | TUESDAY, JUNE 7, 2016

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NOT COOL
Canadians priced out
of fresh produce
metroNEWS



Kevin Redsky, a Shoal Lake contractor, takes a break from clearing garbage at Shoal Lake 40's dump, which is leaking into the only untreated water source. AUSTIN GRABISH/FOR METRO

Raw sewage plagues Shoal Lake 40

ENVIRONMENT

First Nation lacks proper treatment facilities

Austin Grabish
For Metro | Winnipeg

Kevin Redsky is pushing a front-loader trying to keep garbage off the road. Down the street, untreated raw sewage seeps into the ground.

"This is our main road," Redsky says. "It's pretty nasty eh?"

Sewage leakage on Shoal Lake 40 and the absence of clean drinking water are two of several issues documented in a new report New-York based Human Rights Watch is set to release Tuesday in Toronto.

The report concludes tainted water and broken septic systems are "jeopardizing" health for people living on five reserves in Ontario.

In Shoal Lake 40, families are using bleach in baths, children are growing up without clean water, and sewage is leaking into the community's only water source, according to the report.

The report says the federal

government's failure to provide First Nations with water and septic systems on par with what other Canadians enjoy is "discriminatory and violates the rights of First Nations persons to equality before the law."

It also says the water crisis is impeding on First Nations' cultural rights recognized by international law.

Metro recently visited the community and spotted green liquid sewage dumped in grass just steps away from the community's main road, where homes are located nearby. Garbage left by band members, who have nowhere else to take it, was also floating in ditches and



The septic fields, the tanks, the pumps — everything is failing.

Chief Erwin Redsky

spread across the main road.

"It's not pretty," said Stewart Redsky, a community social worker.

Redsky said Shoal Lake 40's sewer truck operator is embarrassed to show visitors the sewage that Metro found.

"He says himself 'I don't want to show anybody what we are forced to do.'"

Redsky said many visitors who come to Shoal Lake 40 come thinking the reserve's problems have been corrected.

but the community's struggles are far from over.

"I actually get a little bit emotionally stirred up when people come in with that perception," he said. "It's just the beginning."

In April, Prime Minister Justin Trudeau spent a day touring Shoal Lake 40, but Chief Erwin Redsky said despite the high-profile visit, nothing's changed. "We're still isolated. Our road's still not passable right now," he said.

"We can't dispose of our

waste. We're on this artificial island with nowhere to take it."

However, Redsky remains optimistic about his community's plight. He points to the near completion of design work for an all-weather road dubbed Freedom Road, which would take the community out of isolation.

Construction on the road is scheduled to begin as early as October, he said.

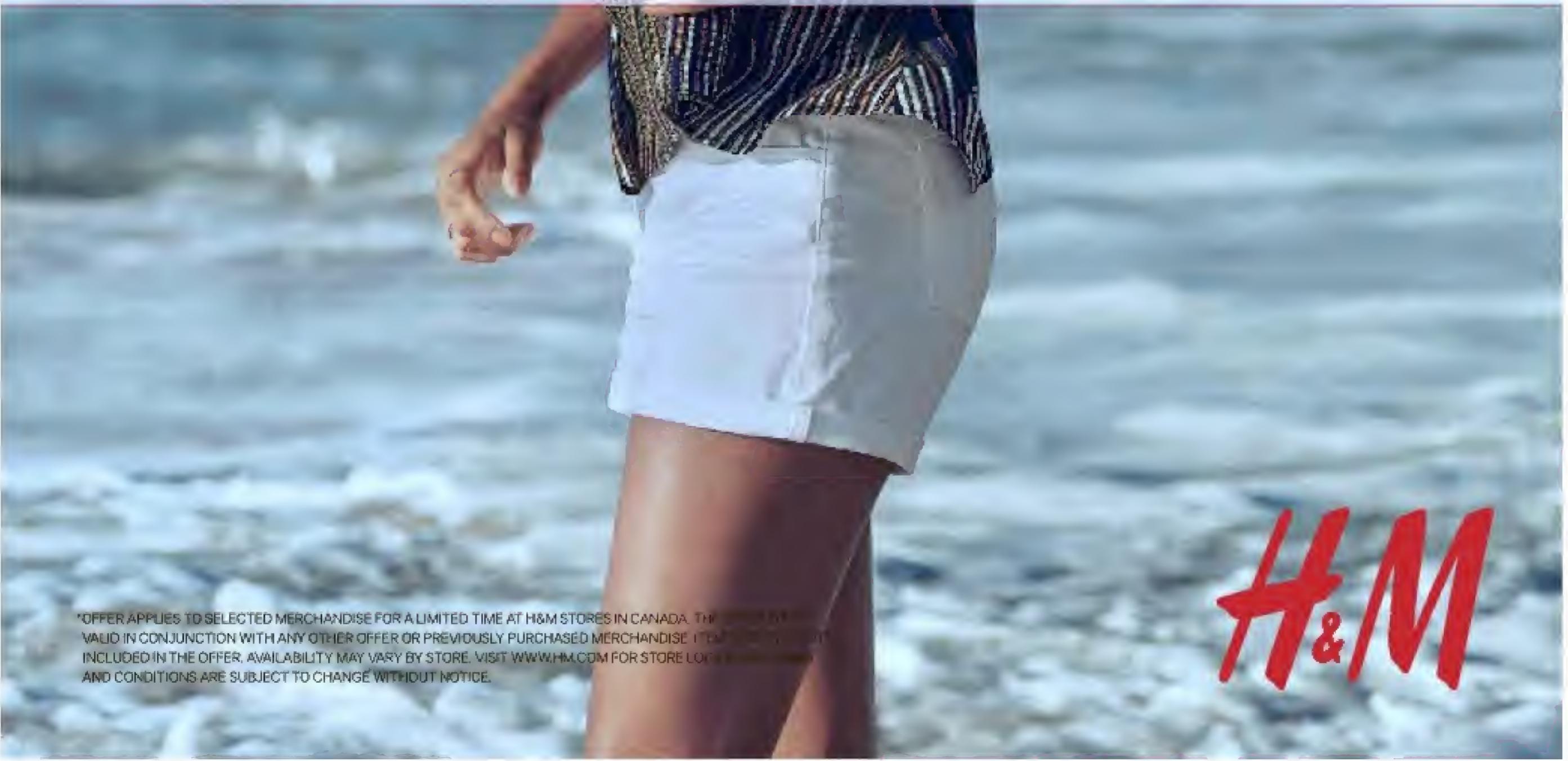
Shoal Lake 40, located on the Manitoba-Ontario border, was severed from the mainland a century ago during the construction of an aqueduct to carry clean water to Winnipeg.

WITH FILES FROM THE CANADIAN PRESS



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Your essential daily news

No charges for the parents of a toddler who fell into the Cincinnati Zoo gorilla enclosure. **World**

GRASS GROWTH

Why City has mow problems

If it's left long enough — no pun intended — someone's going to be upset about unkempt grass, and the City of Winnipeg is encountering such an issue.

According to Gord Delbridge, CUPE Local 500 president and the representative of the city's workers, he's "hearing the complaints" after service cuts of past years compounded by city growth have extended the parks maintenance crew's normal 10-day mowing cycle to something closer to 20 business days.

"Winnipeggers want to see those services increase," Delbridge told Monday's meeting of the committee on protection, community services and parks.

Coun. Ross Eadie (Mynarski) said he was hearing complaints about long grass in early May.

The committee ordered city staff to come up with options to increase park maintenance service levels and present a report in September.

The city's manager of parks and open spaces, Dave Domke, said his crews can do "between eight and 12 cycles a season" at current staffing levels.

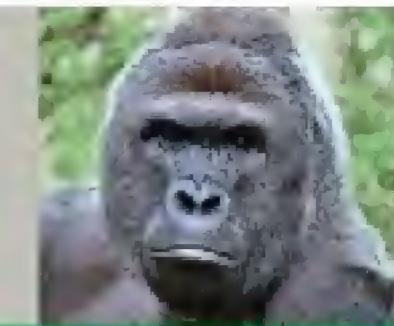
"If I could wave my magic wand ... I haven't given this a lot of thought but four more cycles would be reasonable," he said. "There is some capacity of our staff to do additional work on the weekend."

"What I'd like to do ... and the purpose of the report, (is to) come back and give you a cycle we think we should be able to do."

BRAEDEN JONES/METRO



Studies have shown that mandatory helmet laws discourage people from cycling. BRAEDEN JONES/METRO



Alberta wildfires

Pumps go dry as gas hits 0.00

Shane Gibson
Metro | Winnipeg

What would normally be cause for celebration for drivers — gas prices posted at 0.00 per litre — were anything but for those hoping to fill up at some Winnipeg Petro-Canada stations Monday.

Several stations across the city have been forced to shut off their pumps after an outage at a refinery in Edmonton, and the Alberta wildfires left them running on fumes, according to Sneh Seetal, a spokesperson for Petro-Canada's parent company, Suncor.

"Given the prolonged duration of the fires and its impact on the supply for our refinery, as well as ongoing planned seasonal maintenance in the industry, our product inventories are greatly reduced," Seetal said recently.

Seetal told Metro that Suncor is bringing in extra gas from outside the region by truck and rail, but didn't give a timeline as to when it would be back business as usual for Winnipeg locations.



Prices hit zero. SHANE GIBSON

Wheels turning for cycling helmet study

TRANSPORT

Biking safety groups insist it's redundant



Braeden Jones
Metro | Winnipeg

safety is the issue," said protection and community services committee member Coun. Russ Wyatt (Transcona).

He and his council peers on the committee were unanimous Monday in their call for an administrative report into ways to mandate helmets, lights, bells and bike-safety training courses.

Last month, Bike Winnipeg's co-chair Ian Walker told councilors the report was not necessary, and in some ways, would be redundant.

Walker explained the Highway Traffic Act (HTA) already requires "a headlamp at the front

"Regulatory is not the issue,

BACKGROUND

Currently, only five of Canada's provinces have helmet laws in place.

that casts a white light; and a lamp or reflector at the back that casts a red or amber light."

It also requires helmet use for anyone under the age of 18, and he explained that bells are fine for paths but do little to help cyclists communicate with drivers.

He also said "it's been overstated that helmets save lives."

citing multiple studies, and emphasized mandatory helmet use has been proven to discourage cycling — by between 13 and 40 per cent, according to studies.

The group's executive director Mark Cohoe echoed Walker's earlier points to Monday's committee.

Cohoe explained that where mandatory helmet laws have gone into place, the amount of biking decreases — and some places are even looking at removing such laws.

City administration has until the fall to prepare a report on potential new safety regulations.

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Record number of floats for Pride

FESTIVAL

Parade had 92 entries and 2,000 participants

 **Shane Gibson**
Metro | Winnipeg

It looks like expanding the hours of this year's Pride Winnipeg festival was a good idea.

As well as seeing a record number of floats lined up for this year's parade, Pride Winnipeg president Jonathan Niemczak said if liquor sales are any indication — more than 1,500 drinks were sold Saturday alone — more and more people are coming out to join in the festivities every year.

"We had a huge turnout," said Niemczak.

The parade hit a new record of 92 entries and 2,000 participants, and while we obviously can't count the spectators or the folks, definitely tens of thousands



Organizers at Pride Winnipeg said this year's parade had 92 floats, compared to 73 last year. SHANNON VAN RAES/FOR METRO

of folks came out."

And it wasn't just the parade that brought people out during the 10-day festival.

Niemczak said a number of events saw increased numbers, including the second annual Winnipeg Frontrunners five-kilometre fun run.

"We had 150 runners, and that is much better than last year," he said, noting that setting an attendance record for the Saturday morning run was all the more amazing considering how late the festival's opening party went the night before.

"It was a little stressful doing a five-kilometre run after the party, but it was a lot of fun."

Niemczak said the festival's newly launched ScholarTIPS program, which sees all tips given to servers at official Pride events pooled for a post-secondary scholarship, was a success with more than \$1,000 raised.

"It was well received and people thought it was a great idea," he said, adding the program will return at next year's events. "We're well on our way to building up the endowment that's needed with the Winnipeg Foundation to make it a permanent fixture."

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NATIONAL HISTORIC SITE

Lower Fort Garry takes visitors back to the 1850s

Lower Fort Garry stems from a time of fur traders and new partnerships between settlers and First Nations — a time when the adjacent Red River was an aquatic highway and a transportation hub.

Today, as a national historic site run by Parks Canada, it immerses visitors in the 1850s. There are wood and stone buildings, a blacksmith, an indigenous encampment, candle-makers, ox carts — all contained within the fort's remarkably intact stone walls.

Lower Fort Garry seemed like a good idea when it was built, but its heyday as a centre for trade was short-lived. It would later serve as an insane asylum and a penitentiary.

"It never really took off," Matthew Rothenberger, the site's interpretation co-ordinator, says inside the site's visitor's centre, which is tucked away out of sight from the fort itself — a move that helps preserve the area's historic feel.

"It was kind of caught in the middle of two other posts that were much more frequently used."

The fort was built as an alternative to the original Fort Garry in what is now Winnipeg, which had been devastated by a



Some of the historic buildings that visitors can walk through on May 10 at Lower Fort Garry.

STEVE LAMBERT/THE CANADIAN PRESS

great flood in 1826. Lower Fort Garry was more protected — it was on higher ground and built of stone, not wood.

Business at Lower Fort Garry was good for a while, though, and it was also the site of a key moment in the history of the West.

On Aug. 3, 1871, the first treaty in Western Canada was signed at the fort — an agree-

ment between the federal government and seven First Nations in the region.

Treaty 1 is commemorated every year at Lower Fort Garry, and clearing up some popular misconceptions about the agreement is an important part of the site's education programming.

"It's not, like some people say, that the government gained the land or got the land," says Rothenberger. "It was an agreement that everyone would share the land, everyone would benefit from the treaty, not one party versus the other."

Every day in the summer, visitors can see characters in historical costumes performing 19th-century tasks that were part of life at the fort. There are also workshops that allow visitors to take part in mak-

ing everything from candles to chocolate.

There are special events planned for this summer. The RCMP Musical Ride, the Ottawa-based troop of Mounties and horses, will perform their choreographed routines at the fort Aug. 1.

And in the later part of the summer — weather and river-level permitting — officials hope to have recently constructed, historically accurate York boats in the Red River and open to the public. The boats were used by the Hudson's Bay Company at the time to transport goods because they were bigger than canoes and had wider, shallower hulls that made them more sturdy in river water.

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IF YOU GO...

Lower Fort Garry is on Highway 9, 32 kilometres north of downtown Winnipeg.

Admission fees are \$7.80 for adults, \$6.55 for seniors and \$3.90 for

youths. Kids under six are free and there is a family rate of \$19.60.

For more information, visit www.pc.gc.ca/eng/lhn-nhs/mb/fortgarry/index.aspx.

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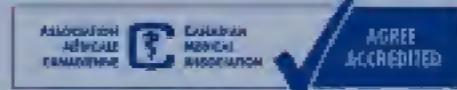
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PARTAGE LA PRAIRIE

Traffic limits air show's turnout

There will be no refunds for ticket buyers who folded their wings and went home instead of waiting out a lengthy traffic jam leading into Manitoba's first air show in about seven years.

Thousands of people got stuck in Saturday's snarl outside the Manitoba Air Show at the Southport Airport near Portage la Prairie, west of Winnipeg.

RCMP say delays began around 10 a.m. and didn't clear up until about four hours later.

They say highway construction in the area reduced traffic to a single lane going into the airfield, and at one point the line of vehicles stretched about three kilometres.

Adding to the problem was rain the day before that made a number of alternate gravel entrance roads impassable.

Jill Oakes, the show's executive director, says while the

It's really clear that Manitobans really, really want an air show.

Jill Oakes

tickets are not refundable, the board and the charities they support are working to make improvements for future events.

Show organizers said Saturday night that about 22,000 tickets had been sold for the event. They went for \$20 dollars online and \$25 at the door.

Oakes said organizers tried to make it up to some people who waited hours in traffic.

"During some of the highlights, people were invited to come in for free. We just said 'come in and enjoy the show' and they did," she said.

Many people took to social media to vent their frustrations, but many others expressed their excitement to be at the airport.

"It's really clear that Manitobans really, really want an air show," said Oakes. "They want an air show frequently."

THE CANADIAN PRESS

IN BRIEF

West bands together to fight zebra mussels

Western provinces and territories are banding together to try to prevent the spread of invasive species.

Manitoba, Saskatchewan, Alberta, British Columbia and Yukon have agreed to co-ordinate efforts to stop species such as zebra mussels from taking hold.

The destructive mussels were discovered for the first time in Manitoba in 2013, which set off alarm

bells in other western provinces.

The mussels reproduce quickly and can disrupt the food chain, clog water pipes and create algae.

Manitoba Environment Minister Cathy Cox says the provinces will co-ordinate watercraft inspection stops and share resources if any mussels are found.

She says Manitoba is the aquatic gateway to the West and an important battleground in the fight against the spread of zebra mussels.

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A rally for citizens to get active and take transit during Commuter Challenge will mark the return of the annual #busisbetter campaign, which promotes the convenience and reliability of transit. All this week, coffee and reusable transit pass holders/coffee sleeves will reward those coming downtown by bus. New this year, current transit users will be able to nominate 300 of their co-workers who normally drive to work for a free Max 5 transit pass, value \$20.70. Visit downtownwinnipegbiz.com for details.

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Rules on assisted dying weak: Philpott

HEALTH CARE

Minister says provincial guidelines don't cut it

Health Minister Jane Philpott says provincial guidelines do not provide enough clarity and protection to physicians who may be asked to help their patients die, suggesting people will have trouble finding a doctor to assist them.

"Doctors may have inadequate protection and I expect in these early days, many physicians will be extremely reluctant to provide assistance to patients wanting medical assistance in dying," Philpott told a roomful of health-care professionals in a speech to the National Health Leadership Conference on Monday.

The minister reminded the audience that doctor-assisted



Jane Philpott, Minister of Health, speaks at a conference in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

dying would become legal effective at midnight Monday, her office said — after the federal government missed a Monday deadline set by the Supreme Court for enacting a law in response to its ruling on physician-assisted death.

"Unfortunately, despite tremendous effort, this bill is not yet in place," Philpott.

"That means that, effective tomorrow, you may be

asked to do something that has never been expected of you before — to help people end their lives. It's a daunting prospect."

Medical regulators in every province have already issued guidelines for physicians on providing assistance in dying, based on the eligibility criteria outlined by the court.

"Those rules impose safeguards similar to — and in

Doctors may have inadequate protection.
Jane Philpott

some cases, even stronger than — those proposed in the government bill, C-14.

But Philpott said those guidelines are not enough.

"While I have faith in Canada's health-care providers to carry out these responsibilities responsibly and ethically, I believe that regulatory guidance alone is insufficient, given the nature of what you will be asked to do," Philpott said.

And those guidelines do not apply to everyone, Philpott said.

"Nurses, pharmacists and others who assist doctors will not have the guidance or protection they need," she said.

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Canadians buy fresh less often

PRODUCE PRICES

Poll finds more people shifting to frozen fruit and vegetables

Some Canadians are snubbing expensive fruits and vegetables, instead turning to frozen produce and juice as less-expensive alternatives, a new survey by researchers from two universities has found.

Soaring produce prices have been a hot topic recently. Fresh vegetable costs rose 11.7 per cent and fresh fruit prices increased 11 per cent year-over-year in April, according to Statistics Canada's most recent consumer price index report.

Researchers from the University of Guelph's Food Institute and Dalhousie University surveyed more than 1,000 adults in Canada online between May 12 and 24 to determine if those ris-

ing prices have changed consumer grocery shopping behaviours.

The results suggest low-income households, less-educated people and younger generations are more vulnerable to volatile fruit and vegetable prices, said Sylvain Charlebois, the dean of the faculty of management at Dalhousie University in Halifax and one of the report's authors.

About one-quarter of respondents said they ate fewer fruits and vegetables over the past 12 months. Respondents with low incomes and lower education levels were more likely to have dropped produce from their diets than their wealthier counterparts, Charlebois said.

Slightly more than two-thirds of respondents said they passed on purchasing specific high-cost produce, such as cauliflower.

Many respondents — about 45 per cent — also purchased or considered buying frozen produce as a way to reduce their total grocery bill. Fewer of them — about 17 per cent — did the

same with juice.

Those cost-cutting measures may be something consumers will continue to do as produce prices don't show any signs of easing.

In the University of Guelph's 2016 food price report, Charlebois predicts this year's food inflation will outpace general inflation, with vegetables increasing in price by two to four per cent and fruits by 2.5 to 4.5 per cent.

It's hard to say exactly how produce prices will play out in the future, he said, but costs are unlikely to stop rising.

"Because of climate change, we are expecting vegetable and fruit prices to become much more volatile than they have ever been," he said.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

THE CANADIAN PRESS



About half of those surveyed opted not to purchase cauliflower at some point over the past year. Several months ago, cauliflower prices spiked toward double digits per head thanks to a sliding loonie and drought in California. Some restaurateurs showcasing the cruciferous vegetable hiked prices or pulled the items from their menus altogether.



More than 15 per cent of respondents also admitted to avoiding broccoli, lettuce, oranges and apples. Apples, for example, jumped 23.4 per cent in price from April 2015 to last April, according to Statistics Canada. People said they also snubbed tomatoes, cucumbers, bananas and carrots, though they were fewer in number.

WOODSTOCK

Youth suicides raise concerns

Police in a southwestern Ontario city say that five people aged 19 and younger have killed themselves since the beginning of 2016 in what an official of the Canadian Mental Health Association is calling a "suicide contagion."

The chief of police in Woodstock, Ont., said that in the same time frame 36 people have expressed suicidal thoughts or attempted suicide in Oxford County, which includes Woodstock and seven neighbour-

ing communities. Woodstock and some of the surrounding area had a population of about 38,000 — nearly 9,000 of them 19 and younger — according to 2011 census data.

Officials in the area said they're working together to ensure they have enough resources to deal with the onslaught of calls to crisis lines, but high school students said they aren't seeing the effects.

In response to the situation, high school students in the

city are speaking out on social media.

One Facebook group, called "Youth Suicide Prevention in Woodstock," has more than 5,000 members. It was created by Gail Evraire, 39, who lives in Woodstock, to give teens an outlet to discuss their experiences.

"There was nothing being said about our youth, and what our youth were expressing about what their needs might be," she said. THE CANADIAN PRESS

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Surfers take advantage of the waves from Tropical Storm Colin on Monday in Venice, Fla.

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JOE RAEDLE/GETTY IMAGES



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Clinton poised for nomination

U.S. POLITICS

Hopeful has the delegates for Democratic candidacy

The presumptive victory arrived nearly eight years to the day after she conceded her first White House campaign to Barack Obama. Back then, she famously noted her inability to "shatter that highest, hardest glass ceiling."

Clinton held off a surprisingly strong challenge from Vermont Sen. Bernie Sanders. He mobilized millions with a fervently liberal message and his insurgent candidacy revealed a deep level of national frustration with politics-as-usual, even among Democrats who have controlled the White

House since 2009.

Clinton, the former secretary of state, New York senator and first lady, reached the 2,383 delegates needed to become the presumptive Democratic nominee on Monday with a decisive weekend victory in Puerto Rico and a burst of last-minute support from superdelegates. Those are party officials and officeholders, many of them eager to wrap up the primary amid preference polls showing her in a tightening race with presumptive GOP nominee Donald Trump.

THE ASSOCIATED PRESS

IN BRIEF

Mother in gorilla case won't be charged

A prosecutor announced Monday no charges will be brought against the mother of the little boy who got into the gorilla exhibit at the Cincinnati Zoo, saying the three-year-old "just scampered off" as

children sometimes do.

The killing of Harambe, a 400-pound gorilla that was dragging the child through a moat May 28 set off a torrent of criticism online, with some blaming the mother for not watching her child more closely.

Hamilton County Prosecutor Joe Deters said the case didn't warrant a child endangerment charge. THE ASSOCIATED PRESS



Harambe. THE ASSOCIATED PRESS

metr VIEWS

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ROSEMARY WESTWOOD
ON WHY HILLARY SHOULD CHAMPION REPRODUCTIVE RIGHTS

She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points. Nothing cuts deeper than the right to control your own body.

Hillary Clinton might be pro-choice, but her campaign isn't nearly pro-choice enough.

Despite earning a Planned Parenthood endorsement (the first primary endorsement in its history) and her long support for abortion rights, it's only been one message among a muddled many.

It could be so much more. Come the general election, drawing women to the polls — especially young, single, Democrat-voting women who have been leaning heavily in Bernie Sanders's favour thus far — will be as essential as always for a Democratic win. And abortion rights could be the key.

The demographic reasons are obvious: As many as one in three women will get an abortion before age 45 in the U.S., according 2008 data. But that's not what makes it such a potentially potent issue for Clinton this election. For that, we can

thank the abortion crisis sweeping across the United States. Aggressive lobbyists and regressive lawmakers are wiping abortions from the map.

In Texas, Louisiana, South Carolina, Oklahoma, Indiana and Florida, pro-life forces are pushing, and in places succeeding, at nullifying an inalienable right.

By restricting women's access to abortions through outlandish measures (forcing women to bury or cremate a fetus, requiring small clinics to build hospital-sized hallways, investigating Planned Parenthood and cutting state funding to clinics that provide abortions), lawmakers threaten

to shutter dozens of abortion clinics, leaving women with the right to an abortion in name only. (This month, the Supreme Court could rule to uphold a Texas law that forces abortion

clinic doctors to have admitting rights to hospitals, which would close eight clinics.)

This not only endangers a basic right, but by forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

It shouldn't be a hard sell, but Clinton isn't the salesman that Donald Trump is. Trump — who is pro-life — is a master of the sound bite and the galvanizing rhetoric. She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points with a similarly pointy edge: Nothing cuts deeper than the right to control your own body. All Clinton needs to do is hammer one simple thing home: Abortion access is under attack, and she is its saviour.

Pundits better placed than I, assume Sanders fans will skew Clinton if/when she becomes the nominee. But there's preference for a candidate — and then there's cold, hard voting.

Recently, the Washington Post reported that women's fervent support for Clinton rises with age because their experience of sexism deepens as they have children and advance in their careers. Abortion could be the cause young women can relate to — and the cause that lets them relate to Hillary Clinton herself.



PHILOSOPHER CAT by Jason Logan

Our mental-health care is in a state of emergency

INSIDE THE PERIMETER

Shannon VanRaes



In a few hours, I will call 911.

Or maybe it will be my partner or our chatty neighbour, but mark my words, the police are coming to my street and they are coming soon.

Not because a crime has been committed. They'll be coming to deal with a sick individual who needs medical attention, a person who is a danger to themselves and, if left untreated too long, could become a danger to others.

If there were some other number to call I would. If there were another way to ensure this person could live safely, it would have been pursued. But, as so often happens, the police will be the frontline in dealing with mental illness.

A few days ago I watched as three police cars responded, then left, then returned, staying for hours so officers could convince the individual in question to get into an ambulance and head to hospital for treatment. They have done it before and they will do it again. It's not good for the police and it's not good for those in the midst of a mental health crisis, but it happens each and every day.

In the coming weeks a special report examining how non-emergency, non-criminal calls can be diverted from the Winnipeg Police Service will be circulated among members of the city's police board. It corresponds with

recent spikes in calls for service — many of which relate to issues of mental health, according to police officials.

As a society we don't do enough to address mental health, even though one in five Canadians will require treatment for a mental illness at some point in their lives.

We've gotten better, yes. There is more awareness than in the past, more compassion, but there is still great stigma and great difficulty finding and affording treatment.

We are taught in school about the Canada Food Guide and what to do if someone breaks a bone or chokes, but there is little if anything to go on when it comes to mental illness. Even if someone recognizes that they are experiencing difficulty and heads to their family doctor — if they have one — referrals can take weeks or months. Entering the health-care system in search of mental health care is like entering a labyrinth.

The problem isn't just that police routinely respond to those in crisis, it's that so many individuals find themselves in crisis. We need to lessen the pressure on our police service. More importantly: We need to address mental health — wherever possible — before a crisis occurs.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Follower her on Twitter @ShannonVanRaes.

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Shining a light on skin cancer

HEALTH

Caroline Cooper was a faithful sunscreen user, but still got sick

Caroline Cooper's passion was outdoor adventure, guiding canoe trips, rock climbing and wilderness trekking. In 2013, she'd landed a dream job in Hong Kong, teaching kids to surf, kayak, rappel.

"My office was the outdoors," explains Cooper, 29. Fair-skinned, she always wore a SPF 30 sunscreen and conscientiously reapplied it to prevent burn. But she never worried the sun exposure would lead to skin cancer.

"I thought skin cancer was just an ugly mole, something you cut off," says Cooper.

That changed when she was diagnosed with melanoma, the deadliest form of skin cancer. The rate of melanoma has been rising in Canada, about 2 per cent a year for men and 1.5 per cent for women.

For Cooper, it began one morning in Hong Kong when she noticed a golf ball-sized lump on her neck. A doctor there biopsied it and told her it was melanoma.

"That's a good thing, right?" she blurted out, having feared



ABOVE: Caroline Cooper, glowing and in remission from melanoma. INSET: A painful skin rash — a side effect of the chemotherapy drug MEK 162 — worsened over six weeks of Cooper's cancer treatment. TORSTAR NEWS SERVICES

breast or brain cancer.

"No, not really," he replied.

She returned to Toronto. Medical scans revealed tumours in her neck. Cooper underwent surgery that removed 63 lymph nodes from her neck. Eleven

were cancerous. "I have a scar running three-quarters the way around my neck," she says.

Cooper had 33 radiation treatments. By the end of 2013, evidence of the disease was gone, but the oncologist warned her

it might return. Sure enough. Follow-up scans in the summer of 2014 showed spots in her lungs, liver and at the base of her skull. The melanoma had spread.

"Nobody asked me about death, but the thought was go-

NEED TO KNOW

Types of skin cancer

Basal cell: Can cause disfigurement; Squamous cell: Can grow and spread; Melanoma: Can be deadly.

Mole warning signs

Talk to your doctor about black, multi-coloured or irregular moles more than 6 mm in diameter.

The right sunscreen

Wear water-resistant SPF 30 or higher, broad spectrum (UVA and UVB rays). You can apply just before going out. Use SPF 30 lip balm.

The right clothing

Wear a broad-brim hat and tightly woven shirts and pants. Look for sunglasses labelled UV 400 or 100 per cent UV protective.

Source: Dr. Jennifer Beecker, Canadian Dermatology Association

nose bleeds, hair loss, sore joints and a rash on her face and torso so painful she required morphine. The young woman who once energetically scrambled up rock faces was curled up for three-hour naps.

In six months, the tumours shrank 30 per cent, but then the drug stopped working. "My body built up a resistance," she explains. She was transferred to another drug, ipilimumab. It caused fewer side effects, but scans showed improvement.

During her post-radiation remission, Cooper had met Justin Douglas on an online dating site, and the two grew close. He accompanied her to medical appointments and moved in with her and her parents when the cancer returned. "He would hold me when I cried, and I could tell him things that scared me," says Cooper.

On June 13, 2015, the two married. Three months later another scan showed she was fully in remission. She won't return to leading outdoor adventures, the career she loved. In all her time outdoors, she never had a bad sunburn, a risk factor for skin cancer. Nor did she ever go to a tanning salon, another possible factor. "It was just all the days out in the sun added up," she says. "It can happen to anyone."

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How Not Buying It will help your kids

PARENTING

Throwing your cash around will not have effect you want

From educational toys to bigger houses, sports to private school, parents are spending money on all the wrong things, says economist and journalist Brett Graff.

Graff, who goes by the moniker "The Home Economist," makes this case in her new book *Not Buying It: Stop Overspending and Start Raising Happier, Healthier, More Successful Kids*, which points out that less is more in almost every area that parents are bleeding cash.

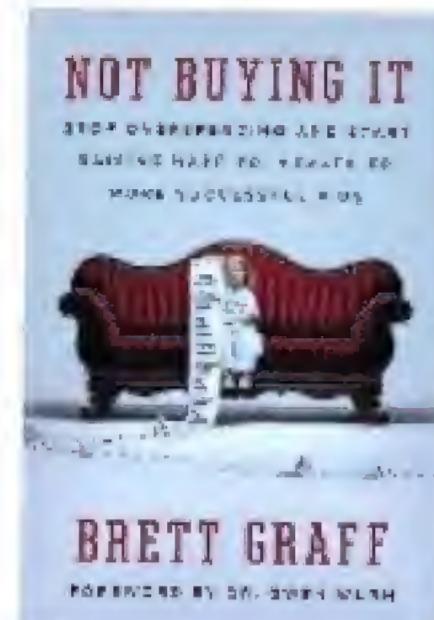
Her findings? We're going broke buying stuff that has the opposite effect that we intend.

What inspired you to write the book?

We're spending out of fear and competition. We're terrified that if we say no to a particular expense, that we're saying no to education and no to safety. Economists assume that we're rational shoppers, but that is not the case, particularly if we happen to be parents. We are spending money to make our kids dumber, to make our kids less safe, to make them less healthy and to make them more vulnerable to narcissism, depression and failure.

How so?

For example, there are no



(U.S.) federal guidelines for stamping the word "education" on a toy box. Expensive toys promote instant gratification and anything with a screen for babies under two promotes language delays and sleep disturbances. What the American Academy of Pediatrics says is kids who are left alone as early as four months old become problem solvers and creative thinkers. Researchers found that kids who play with blocks later scored better on tests for counting, measurement and judgment, and they scored better on math operations. Blocks cost \$13. The latest iPad with every educational app and access to Mandarin lessons costs \$900.

Everywhere you turn there's a neighbour putting a kid in another enriching activity that you hadn't even thought

of. How does competition between the parents factor in here?

While we're spending this money to make our kids dumber, we feel very superior while we're doing it. "No, no, I don't have time today to go to the park — we have to go to Kumon class." Doctors have stood up in front of Congress and testified about our children's right to play. Play improves cognitive development, it fosters creativity, it helps with children's social skills, which improve the brain's executive function.

We seem to have bought into this idea that the world is a more competitive place and that we need to do these things to give them a leg up in life. What's your take on that? One of the things that you have to consider when you're deciding what to purchase for your child is the reason that you're doing it. If you're buying your child something purely for the purpose of getting her into college, then you're making a mistake. If you're cultivating a talent because your child loves it, then that's lovely. A lot of people will say they want their kids to continue their sports or their dance because it teaches discipline and self-control, and I agree with that, but the truth is we can also teach our kids discipline and self-control free, at home, over breakfast.

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Blossom to keep things balanced and buoyant

YOGA

Lotus sequence helps prep the body for deep work to come

YuMee Chung
Torstar News Service

The lotus flower is a symbol of purity and the awakening of wisdom. This Blossoming Lotus sequence will prepare your body for deeper hip and hamstring work while reminding you to stay balanced, buoyant and bright in your practice, both on and off the mat.

1. Begin in Cobbler's Pose with the soles of the feet touching one another and kneecaps



The final V-shape of the Blossoming Lotus. TORSTAR NEWS SERVICE

pointing out to the sides.

2. Placing your hands behind you for support, lengthen the spine and lean back a few degrees while lifting the feet to chest height. Keeping the heels

together, separate the big toes and turn the soles of the feet to face away from you.

3. Balance on the back edges of your sitting bones as you weave your forearms under

your calves. Touch each index finger to thumb and turn palms skyward. Lift your gaze, mood and the corners of your mouth as you hold steady for five breaths.

4. Next, remove your arms without disturbing your legs and use your peace fingers and thumbs to bind both your big toes. Use your hands to separate the feet as wide apart as your knees. Aspire to straighten your legs to create a V-shape, as flexibility allows. Breathe and work with your balance for five breaths.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

SLEEP STUDY

Ironing out the kinks in our 40 winks

While food and fitness have been headline-making health metrics for years, sleep, for many North Americans, is still on the back-burner. Researchers say that's a big problem, given how sleep-deprivation impacts our bodies.

"Many of us are aware of a problem," says Canadian sleep expert Dr. Rachel Morehouse. "But we don't prioritize it."

Morehouse, a professor in

Dalhousie University's department of psychiatry, is lead panelist for the Dairy Farmers of Canada's 2016 Canadian Sleep Review, an examination of the current state of sleep behaviours.

Morehouse was surprised at how many people

feel like they're not getting their 40 winks, but she says this level of country-wide sleep deprivation is cultural, stemming from industrialization and access to technology.

Dr. Sanjeev Kothare, from the

Departments of Neurology and

Pediatrics at NYU Langone and director of the pediatric sleep program suggests trying to wind down before bed. "Take a warm bath, drink warm milk, relax, don't listen to your iPad," he says.

Keeping the same sleep schedule on weekdays and weekends is also key. "It's not boring, or monotonous — it's what your body wants," says Morehouse.

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Celebrity trainer Erin Oprea tells readers how to get more out of their limited time. "Working out doesn't always have to be in the gym." TORSTAR NEWS SERVICE

It's all about diet, says Underwood's trainer

INTERVIEW

Workouts can be fast, but you can't out-train over eating

Erin Oprea knows you don't have time.

That's why the celebrity trainer and former member of the U.S. Marine Corps has crafted a "do-anywhere" workout regimen approved by clients such as singer Carrie Underwood who have to squeeze workouts in between red carpets and stadium shows.

Her new book *The 4 X 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want* (Harmony: \$27.64) tells readers how to get more out of limited time. "Working out doesn't always have to be in the gym," she says. "Anytime that you have free time — knock it out."

But the key is in the kitchen.

Can most people accomplish their fitness goals with body weight exercise?

They can reach their goal, but so much of reaching your goal is your nutrition. If you don't change your nutrition, then you're never going to get the results you want. You can't out-train a bad diet.

What are some tips for eating right?

Definitely hydration. Drink-

ing half of your body weight in ounces. If you weighed 100 pounds, you'd want to drink 50 ounces of water. So many people live their life completely dehydrated.

What are some of the biggest diet misconceptions?

One of the big myths that's out there is "carbs are bad," which I totally disagree with. Carbs are our energy source. They're fuel for our body. If you put bad gasoline in your car it's not going to run like it's supposed to. If you put bad carbohydrates in your body, it's not going to run like it's supposed to. Fuel is good if it's the right kind of fuel. The right kind of fuel would be more like oatmeal, and sweet potatoes, and quinoa — food like that, as opposed to white breads and white rice and white potatoes.

What's the time of day you should eat carbs?

The time of day is early in the day when you're going to use them. People will pack it in at dinner, and eat a lot of pasta or baked potatoes and then they'll sit on the couch. If you eat it at night and you just sit around, your body is just going to store it. I tell people to eat it before three in the afternoon, and you have time to use it up. That doesn't mean pile in as much as you can — still eat it in moderation when you have time to use it.

So a salad for dinner and bread for breakfast is OK?

Bread early, or bread in moderation. And watch the sodium. People don't realize how much sodium affects your body. If you're getting ready for swimsuit season and you eat something very salty — it could be a frozen dinner that you might think is healthy, but it's loaded in sodium — if you start cutting back the sodium, it makes a world of difference.

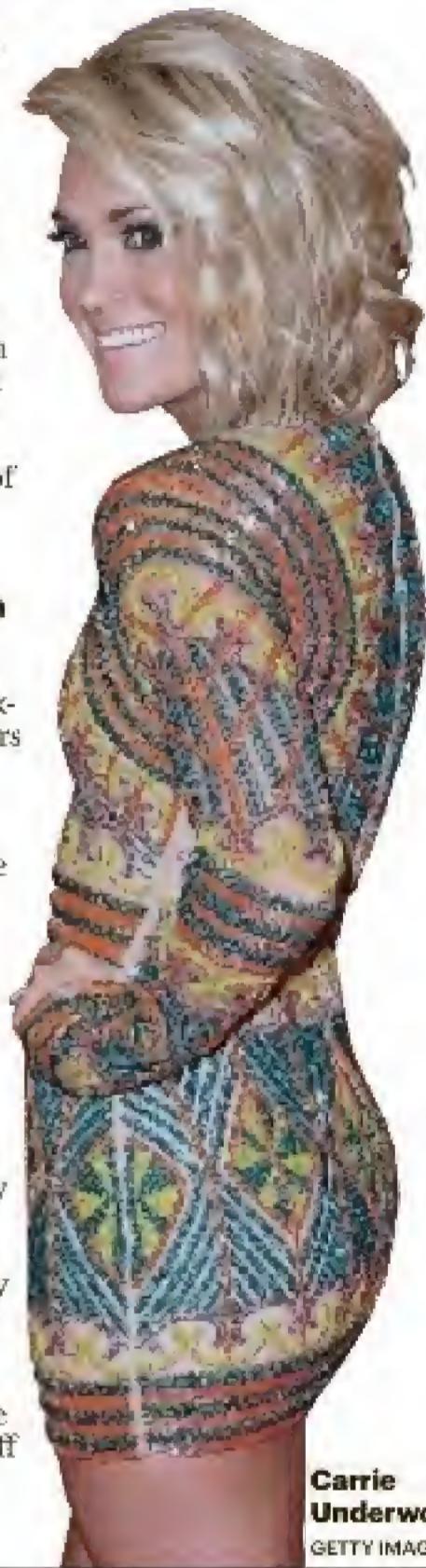
Can you ruin a whole week's worth of exercise in a few meals?

Absolutely. You cannot out-train a bad diet. If you work out really hard for two hours and then you go eat five slices of pizza, you might have kept yourself from gaining as much, but you're not going to get to where you want to be.

What are some of Carrie Underwood's strengths as a client?

She's a driven woman. Just like all my other clients, they're dedicated. They've made the decision that they want to do something and they do it. Everybody has bumps on the road. The key is to try and stay as consistent as possible and when you slip up, get right back on track. Don't let one little bump in the road set you off for weeks.

TORSTAR NEWS SERVICE



Carrie Underwood
GETTY IMAGES



JOHANNA SCHNELLER WHAT I'M WATCHING

A spy show that's really about marriage

THE SHOW: *The Americans*, Season 2, Episode 5 (Shomi)
THE MOMENT: *The girl talk*

Soviet undercover agent Philip (Matthew Rhys), posing as mild-mannered Clark, married FBI secretary Martha (Alison Wright), to wring secrets from her. But Martha's getting fed up with Clark's absences. Philip's real wife and fellow spy Elizabeth (Keri Russell), posing as Clark's sister, drops in on Martha to appease her. A bottle of wine in, Martha confides, "Clark's so uptight. Except when we're, you know."

Elizabeth's smile freezes. "Really?" she asks.

"Oh my God, he's wild," Martha coos. "I don't know where

it comes from, what he does."

"What does he do?" Elizabeth asks, unable to stop twisting her earring.

"He's a gentleman. Just not in the sack," Martha says. "In the sack he — he just makes me his."

"Hmm," Elizabeth says. "Hmm."

Whoo-ee! Philip and Elizabeth may be kickass spies, but this series is really about marriage: How spouses disappoint one another, the secrets they keep. We learn so much about these two — more than they know, sometimes — that they feel like the couple next door.

Elizabeth has been living with a man she thinks she knows, who has let her down

often enough that she's prone to dismiss him. But to hear about "him" from another woman, who's getting something she's not — Russell does a terrific job making Elizabeth look subtly ill. And Martha is a fabulous character, someone who's perpetually underestimated, but should not be.

Because Elizabeth is my neighbour now, I knew this chat would get under her skin. Sure enough, she — no, I won't spoil it.

Watch episode six.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Keri Russell and Alison Wright star in *The Americans*. CONTRIBUTED

So little/much on the line in pre-season tilt

BOMBERS THIS WEEK
Ed Tait

It was once said that pre-season football games are the entertainment equivalent of watching a tree form its annual ring.

The score certainly doesn't matter, and the wins and losses mean both diddly and squat when the curtain lifts on the real season in a couple of weeks.

On top of that, the constant procession of new talent with each possession as players are evaluated — some for the last time — means the game's flow is almost non-existent.

All of that's true, but there's also a certain level of desperation that can make a Canadian Football League exhibition game riveting in its own way.

It is a gridiron version of Survivor, where players have to fit into a team concept but also ensure they do something on each snap to climb over the man ahead of them on the depth chart or step on the throat of the man behind them.

All of which brings us to our first chance to see some of the men who will wear Winnipeg Blue Bombers colours this year, with their first pre-season game going Wednesday at Investors Group Field against the



The Blue Bombers' evaluation of their talent kicks into high gear against the Alouettes at Investors Group Field on Wednesday. GETTY IMAGES FILE

Montreal Alouettes.

A meaningless tilt? Try telling that to someone like defensive back Kevin Fogg.

"I'm definitely excited for it," said the 25-year-old Liberty University product. "The last time I was on the field for a game was the last pre-season game for the (Pittsburgh) Steelers last year before I was released."

"It's just one of those things ... I'm ready to compete against somebody else and actually hit somebody that's not my teammate."

The matchup with the Alouettes will be the second and most important phase of the Bombers' evaluation of their talent.

Training camps are annually filled with stories of players who are popping off the page but, ultimately, it's what a guy does when the lights are on and the opponent isn't sharing the same locker-room that is the final evaluator.

To that point, Bombers head coach Mike O'Shea thinks he has more talent and depth than during his first two years

at the helm.

"We need it verified against an opponent that's not going to slow down on contact," said O'Shea with a grin.

Again, that's not exactly a sexy way to hype a game — 'Come out and watch the Bombers go head to head against an opponent who won't ease up.' But it's the other storylines, like the battles for starting work, which newcomers will shine and the fight just to earn a paycheque in the game, which can make it compelling theatre.

ALI FUNERAL

Farewell 'designed by The Champ himself'

Muhammad Ali and his innermost circle started a document years ago that grew so thick they began calling it "The Book."

Its contents will soon be revealed.

In the pages, the boxing great planned in exact detail how he wished to say goodbye to the world.

"The message that we'll be sending out is not our message — this was

really designed by The Champ himself," said Timothy Gianotti, an Islamic studies scholar who for years helped to plan the services.

"The love and the reverence and

the inclusivity that we're going

to experience over the coming days is really a reflection of his message to the people of planet Earth."

The 74-year-old three-time heavyweight champion wanted the memorial service in an arena. He wanted multiple religions to have a voice while honouring the traditions of his Muslim faith. And he wanted ordinary fans to attend, not just VIPs.

Former U.S. president Bill Clinton, a long-time friend, will deliver the eulogy at the funeral at the KFC Yum! Center, where the 15,000 seats are likely to be filled.

THE ASSOCIATED PRESS

Our job now, as a city, is to send him off with the class and dignity and respect that he deserves.

Louisville Mayor Greg Fischer

IN BRIEF

Ducharme given the reins of national junior team

Dominique Ducharme will coach Team Canada at the 2017 world junior championship in Toronto and Montreal.

Ducharme was an assistant coach on the Canadian squad at the 2016 world juniors in Helsinki.

The 43-year-old is the coach and general manager of the Drummondville Voltigeurs of the Quebec Major Junior Hockey League.

THE CANADIAN PRESS

Love's status up in the air

Kevin Love was cleared to fly. His playing status remains up in the air.

Cleveland's forward, who sustained a concussion in the first half Sunday in a Game 2 NBA Finals loss to Golden State, travelled with his teammates on Monday as they regrouped.

It's not yet known if Love, who dislocated his left shoulder in last year's playoffs and missed the Finals, will play again in the series. THE ASSOCIATED PRESS



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RECIPE Niçoise Salad



Ceri Marsh &
Laura Keogh
For Metro Canada

A large dinner salad can give a family enough variety so everyone feels there is something in it for them, and this easy Niçoise delivers double on delicious elements.

Ready in

Prep time: 25 minutes

Ingredients

- 8 small red potatoes
- 2 handfuls of green beans, washed and trimmed
- 1 head of lettuce (I like Boston but a salad mix would work, too)
- 1 can tuna
- 2 hard-boiled eggs, quartered
- 4 plum tomatoes, quartered
- 1/4 cup black olives, pitted
- For the dressing:
- 1/3 cup white wine vinegar
- 1 tbsp Dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- salt and pepper to taste

Directions

1. Bring a large pot of salted water to a boil.
2. Place your potatoes in the boiling water and cook for about 5 minutes. Add the trimmed green beans to the pot for another 3 minutes until all the vegetables are tender. Drain well and set aside.
3. Wash and spin your salad greens. Tear or chop into bite-sized pieces. Toss the greens in a bit of salad dressing, coating them lightly. Spread your dressed greens on a platter.
4. Arrange your ingredients in small mounds, tuna in the middle (broken up into chunks), beans together, potatoes together, olives together, etc.
5. Drizzle salad dressing over.

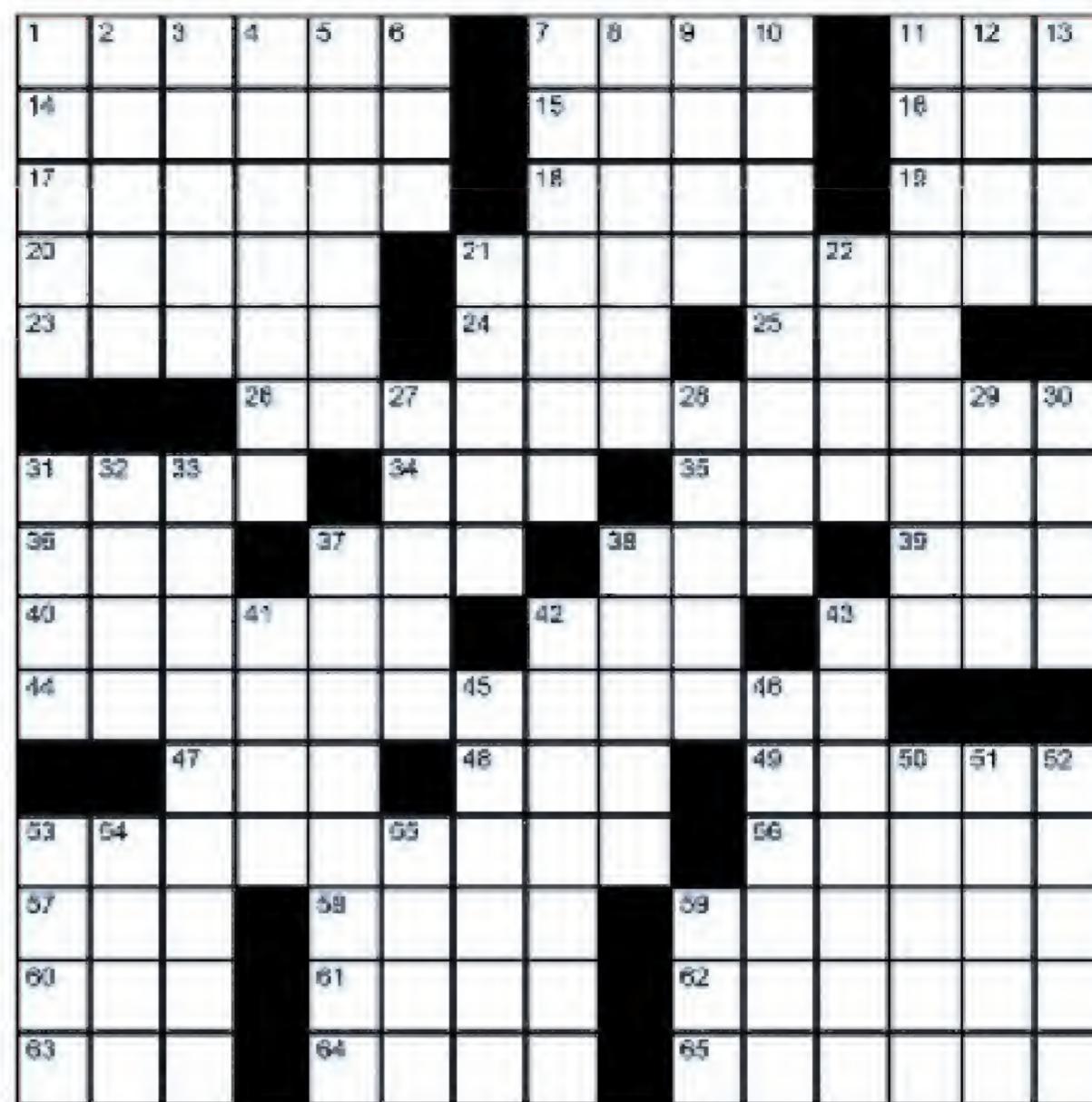
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Garlic shrimp dish
7. _ milk
11. Better
14. Adam Levine's band, _
15. Mozart opera, _
Fan Tutte
16. Apple Pie Mode's missing slices?
17. Gives warning
18. _ were (Seemingly)
19. Mary _ (Cosmetics company)
20. Ms. Bow, the 'it' girl in "It" (1927)
21. Food Network champions: 2 wds.
23. Metric weights, briefly
24. Reno's 11th state
25. G'days
26. 1984 chart-topper for Prince: 3 wds.
31. Scottish rolls
34. 'King' in Spain
35. Region of France
36. 'Hotel' suffix
37. Jnr. opposite
38. Quebec's largest city [abbr.]
39. Kitchen and den, etc. [abbr.]
40. Bands
42. Fitness system, _ Bo
43. FDNY's D' [abbr.]
44. Techie tune in "Purple Rain" (1984) starring Prince: 2 wds.
47. Sir McKellen
48. Compete
49. Birth-related
53. Prince-written song by Canadian-lead-singer trio Vanity 6: 2 wds.
56. Barter



57. "Entourage" superagent
58. Mr. Johnson of "Laugh-In"
59. Rhoda's little sis-
ter on '70s TV
60. Yearning
61. Printer paper purchase
62. English novel.

1st Jane
63. Wilt
64. NASDAQ rival
65. Clever come-
back
DOWN
1. _ dab in the middle
2. Prefix to 'graphy'

(Fancy writing)
3. "Is that _ sapphire?" (Jewellery store query)
4. Days following to-
days, olde-style
5. Saskatchewan export
6. Amer. pals to
OMs on rulers
11. Is prudent:

7. _-cat
8. Where Pristina is the capital
9. "The cheque _ the mail."
10. Canadian singer/
songwriter Joni, one of Prince's musical inspirations
12. False
50. So much, in music
51. Calculator ... when using the + sign
52. Resembled the Tower of Pisa
53. Refusals
54. Expansive
55. Stone hue
59. Stop

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something unexpected will interrupt your home routine today. Small appliances might break down or minor breakages could occur. Be patient with family members to keep the peace.

Taurus April 21 - May 21
This is an accident-prone day for your sign, so pay attention to everything you say and do. Before you speak, count to three and keep your eyes open! This puts you in control.

Gemini May 22 - June 21
Today you might find money, or you might lose money. Stay in touch with your bank account. Guard your possessions against loss or theft, because today is a crapshoot.

Cancer June 22 - July 23
Your plans regarding sports events, parties or a fun escape might be interrupted because a parent, boss or police person intervenes. (Oops!) Just be aware of this.

Leo July 24 - Aug. 23
This is a restless day for you. You're not sure whether to act or wait, because things are unpredictable. (It never hurts to first find which way the wind is blowing.)

Virgo Aug. 24 - Sept. 23
A friend likely will surprise you by doing something you least expect today. Or possibly, you will meet someone new who is bohemian, unorthodox or just weird.

Libra Sept. 24 - Oct. 23
It's hard to predict people in authority today — parents, bosses, VIPs and the police. Just be aware that someone is going to throw you a curveball. Forewarned is forearmed.

Scorpio Oct. 24 - Nov. 22
Travel plans will change today. They might be canceled or rescheduled. On the other hand, you suddenly might have a fresh opportunity to travel. Yay!

Sagittarius Nov. 23 - Dec. 21
Something unexpected might affect discussions about inheritances, taxes, debt and shared property. Stay in touch with your bank account so you know what's happening.

Capricorn Dec. 22 - Jan. 20
A friend or spouse might want more freedom in the relationship. Someone close will do something today that surprises you. Expect an unusual request from someone close to you.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted by canceled meetings, power outages, fire drills, computer crashes — something. A co-worker might do something that surprises you.

Pisces
Feb. 20 - March 20
This is a mildly accident-prone day for your kids, so be vigilant. This is also an accident-prone day for sports. Meanwhile, social plans might suddenly change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7	6		5	1
2	9	3	6	8
5	7	2	9	
	9	3	4	7
1	5	2	9	7
8	6		2	4

Puzzles by Conceptis. Puzzles by Conceptis. Puzzles by Conceptis. Puzzles by Conceptis. Puzzles by Conceptis.

metro

Tell us how you
really feel.

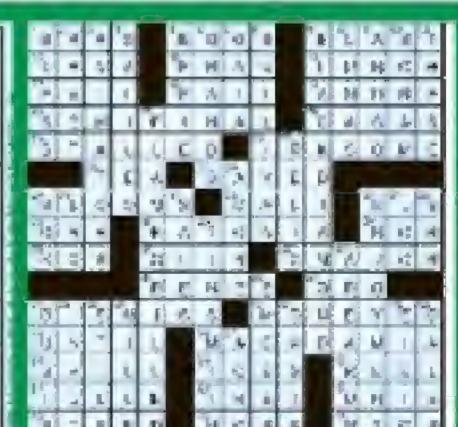
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YESTERDAY'S
ANSWERS

Your daily crossword
and Sudoku answers
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6	5	7	9	1	2	8	3	4
9	1	8	7	4	3	5	6	2
3	4	2	8	5	6	7	1	9
5	3	9	6	7	1	2	4	8
8	2	6	4	3	9	1	5	7
1	7	4	2	8	5	3	9	6
4	8	5	1	6	7	9	2	3
2	6	3	5	9	8	4	7	1
7	9	1	3	2	4	6	8	5





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